

In the Claims:

1. - 11. (Canceled).

12. (Original) A method of straining a porous crystalline material element, the method comprising the step of subjecting the porous crystalline material element to light.

13. (Original) A method of relaxing a strained porous crystalline material element which is subjected to light, the method comprising the step of preventing the light from impinging on the strained porous crystalline material element.

14. (Canceled).

15. (Original) A method of inducing strain in a first element, the method comprising the steps of attaching to the first element, or integrally forming with the first element, a second element of porous crystalline material and subjecting said second element to light.

16. (Original) The method of claim 15, wherein said porous crystalline material is selected from the group consisting of porous silicon, or other material with conductive channels and isolating channels such as spaces.

17. (Original) The method of claim 15, wherein said second element is made of a crystalline material.